



Tsurikomi-goshi (koshi-waza)

Tsurikomi-goshi with high grip in Uke's neck is a technique that is usually not taught outside of Nage-no-kata training.

Common problems of teaching are correct positioning and actions of Tori's arms. *Tsurikomi-goshi* requires strength in legs and trunk, otherwise there is a risk of injury for both partners.

Exemplary relevance:

- learning to apply *kuzushi* against a resisting Uke and to avoid (and use) Uke's force by entering deeply under Uke's center of gravity
- lowering the hips deeply and at the same time not bending the upperbody further forward than necessary
- *Mae-mawari-sabaki* from/after stepping backward (first distance to create *kuzushi*, then turning to position one's body)

Details of *kuzushi/tsukuri*

Kuzushi and *tsukuri* are difficult, because of the following key elements:

- Tori increases the distance by making a big step backwards and pulling Uke forward in order to break his/her balance
- Uke reacts by resisting and stiffening his/her body (timing!)
- Tori pivots while lowering his/her hips to deflect Uke's arms action and enters with *mae-mawari-sabaki*
- Doing this, Tori must not push Uke back into a stable position, but instead further breaks Uke's balance to the front.

Progressive learning steps

With the suggested learning steps and exercises we try to work on flexibility problems and adapt the steps according to the individual requirements of the students.

***Tsurikomi-goshi* is highly recommended for phase 3**